

End of an era

12th Fighter Squadron stands down

By Senior Airman
Jennifer Dixon
Shogun associate editor

The 12th Fighter Squadron stood down Nov. 5 when the 18th Operations Group and 12th FS commanders ceremoniously sheathed the squadron guidon.

The squadron, also known as "The Dirty Dozen," is no longer a part of the Kadena team.

"This is an emotional time for many of us," said Col. Doug Cochran, 18th Operations Group commander. "As we conclude the Kadena chapter

of the 12th's impressive history, a few questions haunt us. What will happen to the 12th Fighter Squadron? What will happen to ... former members of the Dozen?"

Cochran then answered those questions.

"As we stand down the 12th FS, we are still not sure of its destiny," he said. "We are confident, however, that it will find a new home and continue its traditional role of excellence in combat fighter aviation.

"For those 12th FS members concerned about their future employment at Kadena," he said. "You can rest assured that you will be welcomed with open arms into your new squadrons. Remember, we are all members of the Shogun family."

Lt. Col. Timothy "Tex" Merrell, 12th FS commander, said the unit's family atmosphere helped make his job as commander a great one.

"I am constantly amazed at how fast time flies when you're having fun," he said. "Every moment has been precious and I wouldn't have missed it for anything."

Merrell went on to talk about his time as the commander.



LEFT: Lt. Col. Timothy "Tex" Merrell, 12th Fighter Squadron commander, sheaths the squadron guidon in front of Col. Douglas Cochran, 18th Operations Group commander. Chief Master Sgt. Joseph Sullivan, 18th OG chief enlisted manager, stands to the rear. RIGHT: Merrell says a few parting words.

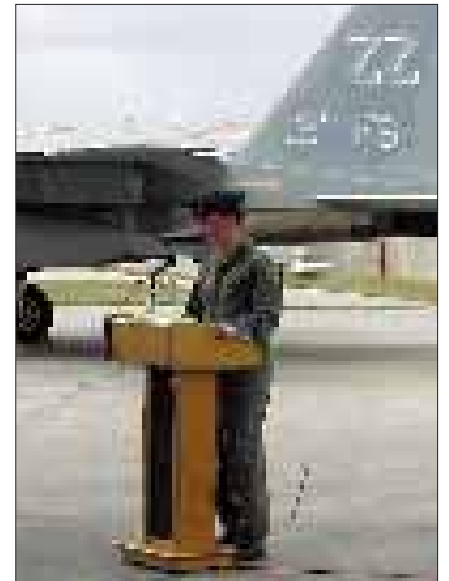


Photo by Senior Airman Jennifer Dixon

"You exceeded every goal and expectation I ever had, and you did it with class."

Lt. Col. Timothy "Tex" Merrell

"Seventeen short months ago, I stood in front of you as your new commander. I had lofty goals. I had a vision of what I wanted our squadron to be like. You exceeded every goal and expectation I ever had, and you did it with class."

The former commander went on to remember the feats of the squadron.

"I thought I understood how to make things happen — you taught me the power of teamwork.

"You took us on nine different deployments...to eight different countries...to four different continents...two-thirds of the way around the world and back. You received more recognition, awards and

decorations than I could ever begin to mention...you deserved every one of them and more.

"When I first took command, I challenged each and every one of you to be "mission ready," not just on paper, but in your heart and the way you live your life. I take great pride in knowing that the Dozen was prepared to take care of business, at a moment's notice, anywhere on the planet."

Merrell put one more challenge before his former personnel.

"I challenge each and every one of you to continue your demonstrated excellence for your new commanders.

"I would proudly serve with you again — anywhere, anytime."



Silver Flag training

LEFT: Staff Sgt. Michael Beckman, 18th Civil Engineer Squadron (with glasses), is joined by other members of the 18th CES as they erect a barrier engagement system.

RIGHT: Members of the 18th CES wait out a dust storm during training. More than 70 civil engineers participated in Silver Flag, an annual exercise for CES troops who live in tents during the seven days of training that tests war-fighting skills. The group's last day in the Detachment 1, Pacific Air Forces Civil Engineering Squadron training area was Saturday.

Photos by Staff Sgt. Orville Desjarlais

Cohen: Health care, military housing need attention

By Jim Garamone
American Forces Press Service

WASHINGTON — Health care and housing are two areas DOD must address to keep military recruiting and retention high, said Defense Secretary William S. Cohen.

Cohen, speaking at a conference entitled Strategic Responsiveness here Nov. 2, also said DOD is starting to see positive results from the changes to pay and retirement that were part of the fiscal 2000 Defense Authorization Act.

"What we have seen is, as a result of the pay raise, as the result of pay table reform, as a result of going back to 50 percent retirement, that there is a change ... in retention," he said.

"When I was out on the USS Constellation a week ago, I re-enlisted 12 sailors. I asked each what caused them to re-enlist and they said pay and retirement benefits. They said, 'We think you're listening to what we say we need, and you're responding.'"

Cohen said members' attitudes are important because "we can't possibly pay what the private sector can pay and will pay." The military directly competes with private industries and other public institutions for the same pool of young people, he noted.

Cohen said that since Congress passed the authorization act, more service members have opted to stay in the service.

In the case of the Army, for example, increased re-enlistments made up for recruiting shortages and helped the service meet its fiscal 1999 end strength numbers.

"We've seen in the most recent weeks some change in the attitude and willingness to re-enlist," he said. "Whether this will be enough to sustain that remains another question."

Cohen said the loudest complaints he hears

" We have to provide as much predictability as we can in the lives of our service members. We have to make changes to lower the operations tempo, the time [service members stay] away from home. "

William Cohen



during his travels are about the military health care system.

"This is something we have to come to grips with," he said. "We have to be more efficient, we have to eliminate the long lines. We have to address the lack of satisfaction that our people are experiencing."

Cohen said he still hears many complaints about TRICARE.

"In fact, if we had to point to two other areas — now that we've addressed pay — you'd say housing and health care are of most concern to service members," he said.

He said DOD is trying to build housing for service members through an innovative program that leverages private sector participation — for every dollar DOD invests, the private sector puts in six or seven. He said the program is starting to work.

Cohen also said he thinks DOD must change its recruiting message, that it needs to make a different appeal to recruits.

"The mere fact that we say we'll pay for your college education frankly is not a big seller today,"

he said. "There are so many programs available from universities and colleges that, again, we're competing in a very tough environment. We need to have advertising appeal to young peoples' patriotism, to show them what military life can and should be."

Finally, Cohen addressed the need of the military to be more predictable.

"We have to provide as much predictability as we can in the lives of our service members," he said. "We have to make changes to lower the operations tempo, the time [service members stay] away from home."

He spoke of the Air Force moving to the air expeditionary force concept and how this could make life a bit easier and more predictable for airmen.

The Air Force plan assigns units to force packages that serve on standby according to a rotating schedule.

"What we need to do is reshape the way we militarily do business, so we can reduce the pressures on our young people and hopefully that will help."

People First:

Changes coming for Squadron Officer School

WASHINGTON (AFPN) — As Squadron Officer School approaches its 50th year of operation, several changes are scheduled to take affect.

The fundamental focus of the school will remain on leadership and dedication to the profession of arms, but course length will be shortened and the curriculum design will be modified.

Beginning in January the school will move from a seven week to a five week format.

As part of the process of modifying the curriculum, the Squadron Officer School benchmarked its program against those of sister-service professional military education schools, as well as numerous civilian leadership and problem-solving programs.

"The information gleaned from these benchmarking efforts, combined with the school's own historical data and an analysis of the needs of today's company grade officer, has resulted in a more tightly focused and contemporary curriculum," an Air Force official said.

"Our mission will focus on the

development of dynamic leaders rededicated to the profession of arms."

SOS was established in 1950 by Col. Russell V. Ritchey as the first phase of professional military education school for Air Force officers.

The school was designed to create a dynamic learning environment where young officers could hone their leadership skills in a challenging but risk-free environment.

For half a century company grade officers have come to SOS to explore leadership, problem solving, team building, communication skills and military studies, just to name a few subjects.

During these years, the course length has varied, but the goal has remained the same — to improve the competence of Air Force company grade officers.

As SOS prepares to enter the new millennium, it will continue to be a vigorous learning environment for company grade officers, and one of the Air Force's premier leadership experiences.

Kadena airmen get Article 15s

Pursuant to the Manual for Courts-Martial, commanders considering nonjudicial punishment consider the nature of the offense and the circumstances surrounding its commission — the offender's age, rank, duty assignment, record, prior misconduct and experience — and the need for good order and discipline. Therefore, comparisons of punishments based simply on rank and type of offense will not necessarily be identical. The following Article 15s occurred between Oct. 1 and Oct. 19.

An 18th Maintenance Squadron airman was punished for failing to go to his appointed place of duty at the time prescribed on two separate occasions, for sleeping on duty, and for making a false official statement. He was reduced to airman basic and received 30 days extra duty.

A 12th Fighter Squadron airman was punished for dishonorably failing to pay his government Nation's Bank Visa Card. Punishment consisted of a suspended reduction to airman basic and 45 days extra duty.

A 44th Fighter Squadron airman was punished for dishonorably failing to maintain sufficient funds in his account. The airman was reduced to airman ba-

sic, received suspended forfeitures of \$479 for two months, and 45 days extra duty.

A 44th FS airman first class was punished for failing to obey a lawful order and for making a false official statement. The airman was reduced to airman basic and received 45 days extra duty.

An 18th Supply Squadron airman was punished for underage drinking. The airman was reduced to airman basic; and received suspended forfeitures of \$479 for two months, 45 days restriction from the Banyan Tree Club and 45 days extra duty.

A 12th FS airman first class was punished for willfully disobeying a superior commissioned officer by driving after being ordered not to drive. Punishment consisted of a suspended reduction to airman, forfeiture of \$251, and 14 days extra duty.

An 18th Organizational Maintenance Squadron master sergeant was punished for assaulting his wife. Punishment consisted of forfeiture of \$700 for two months and seven days extra duty.

Commander's Call

f o l l o w u p s

Editor's Note: *The following question was posed at an 18th Wing commander's call on Oct. 27.*

Q: "Why does it take so long to get a slot in the motorcycle training class, and what can we do to make it better?"

A: We apologize for the backlog in motorcycle safety courses.

Unfortunately, we have been unable to offer these courses recently because both motorcycle safety instructors are attending training in the United States.

Limited spots

The limited availability of this training made it necessary to send the instructors at the same time, and we were not able to backfill their positions.

The instructors are scheduled to return on Nov. 29. We will eliminate the backlog as quickly as possible. Completing a motorcycle safety foundation course is required to obtain a motorcycle license in Okinawa.

The 18th Wing Safety Office offers a variety of programs designed to accommodate motorcycle safety

needs.

The three-day motorcycle riders' course focuses on basic and advanced riding skills, street applications, local laws, and alcohol awareness. The course is offered once a week. The experienced riders' course is a one-day refresher course for experienced riders. The course concentrates on advanced riding skills, mental readiness, traction management, local laws and alcohol awareness.

One or two classes are offered per month.

Riders who have completed a motorcycle safety course within the past five years may not have to take the course again. The five-year recertification program allows current riders to schedule a local laws and clothing regulation brief with an instructor.

Training and appointments can be scheduled by calling 634-2450.

Sign-up is on a first-come, first-served basis. Instructors can also provide additional information on insurance, JCI, and import/export of motorcycles.

Call 634-2450 or, e-mail: motorcycle.safety@kadana.af.mil

Shelton: Look to long-term interests

By Jim Garamone
American Forces Press Service

WASHINGTON — The United States cannot afford to concentrate on near-term crises to the exclusion of long-term national interests, said Chairman of the Joint Chiefs of Staff Army Gen. Henry Shelton.

Speaking at a conference on strategic responsibilities here Nov. 2, Shelton said North Korea and Iraq are clearly the most serious near-term threats in their regions, "but even these near-term threats will not determine the shape of the world in the first decades of the next century."

He said he believes the future is uncertain, yet also bright, "but only if we are wise enough and strong enough to look at what's unfolding in front of us and prepare for it."

"The Chinese are modernizing their military forces," he said. "At the same time, they hope to maintain control of an expanding capitalist economy under a communist hierarchy that embraces centralized planning and control."

"The Japanese are our most important ally in the region, and the second largest economy in the world behind our own," Shelton said. "It is clear to me that the destinies of China and Japan will have a tremendous impact on the future of peace and stability in the world."

In Southwest Asia, Iraq is bothersome but no longer the most serious regional concern, he said. On the contrary ... Iran's religious fervor and is more capable and modern armed forces make it the more powerful and long-term regional force.

Post office posts Christmas hours

The following are the operating hours for parcel mailing and stamp sales beginning Monday through Dec. 15:

Monday through Friday - 8 a.m. to 6 p.m. for normal postal transactions and for the appointment window for three or more parcels.

Saturdays - 9 a.m. to 3 p.m.

The following are the operating hours for parcel pickup from Nov. 22 to Dec. 23:

Monday through Friday - 7 a.m. to 9 p.m.

Saturdays and Sundays - 9 a.m. to 5 p.m.

On Dec. 24, the parcel pickup window will be open from 7 a.m. to 11 p.m. while the post office will be closed Dec. 25 and 26.

BRIEFS

Library holds book drive

A "Books for Tots" drive begins Monday at Kadena's base library. Contributors are asked to donate a new children's book for reading levels ranging from pre-school to third-grade at the library.

Organizers say the books will be distributed to the base community - as needed - through the base chapels or through unit first sergeants during the Christmas holidays. The drive ends Dec. 18.

Women's group meets

A free-membership woman's growth group will meet Tuesdays from 6 to 7:30 p.m. in Building 90 on Douglas Boulevard across from Marek Park.

Baby-sitting will be provided on an as needed basis. While membership is free, women need to call 634-0433 to register for the group, organizers say.

Education symposium

A free educational symposium on health will be held Wednesday at the Shilling Community Center from 6 to 8 p.m.

The symposium is the third in a four-part series sponsored by the African-American Culture Association. Topics will focus on teen pregnancy and sexually-transmitted diseases, organizers say. Blood pressure tests and cholesterol screening are also to be offered during the event.

New telephone books

A limited number of new base telephone books are available Wednesday and Thursday from 9 a.m. to 3 p.m. at the base post office for Kadena telephone subscribers. Officials say base telephone customers will be required to sign for the book and that only one book per household will be issued.

Adopt tobacco users, earn one-day pass

A single 18th Wing one-day pass will be offered to the Kadena-based airman who can "adopt" the most tobacco users to quit smoking for the Great American Smokeout on Thursday.

Organizers say adoption papers are available through squadron first sergeants and the forms must be turned in by noon Thursday at the Health and Wellness Center, Bldg. 403, to be eligible for a one-day pass.

Team leader sought

Applications for a military team leader job are being accepted until Nov. 19 by the Kadena First Term Airman's Center, officials say.

For more information call 634-3802 or e-mail: rudy.gutierrez@kadana.af.mil
raylee.phillips@kadana.af.mil

After-hours dental care

Airmen and their families seeking dental care after duty hours at Kadena must first call the Evans Dental Clinic on Camp Foster at 645-7382 because Kadena's dental facility is not normally staffed after duty hours, Air Force dentists say.

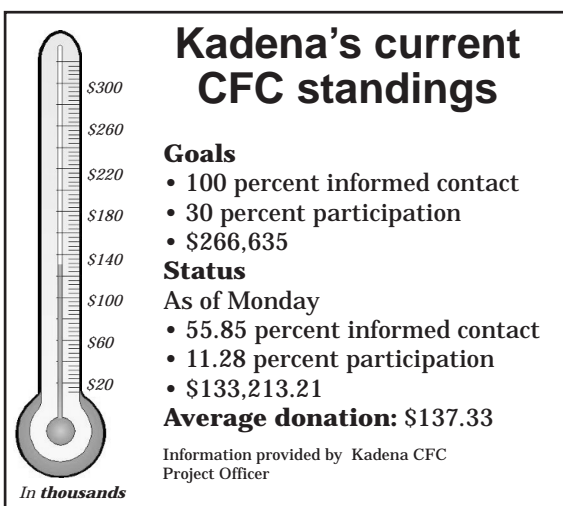
After calling, patients are to receive an over-the-telephone evaluation from an on-duty doctor at Camp Foster, Air Force officials say. If the Camp Foster doctor determines immediate care is necessary, the patient will be treated by an on-call dentist at Kadena's dental clinic, Air Force dental officials say.

Dress and appearance

(Editor's Note: The following is the first in a series of military dress and appearance scenarios that will test your knowledge of the subject.)

Staff Sgt. Dorigt is in the USO on a Saturday morning ordering breakfast when he notices one of his airmen sitting with friends. And although small, a gold earring catches Dorigt's attention. It's the weekend, his troop is off duty, and out of uniform. Is the earring legal?

No. According to Air Force Instruction 36-2903, Air Force men on active duty may not wear earrings on a military installation, in or out of uniform. This includes dormitories and base housing.



EAF is a journey, not an end state

By F. Whitten Peters
Secretary of the Air Force

WASHINGTON (AFPN) — Last summer, Air Force Chief of Staff Gen. Michael E. Ryan and I announced the beginning of our Expeditionary Aerospace Force journey. Now, our first two Aerospace Expeditionary Forces have assembled and deployed in part to Southwest Asia.

It has not been easy to get to this point. It has been a learning experience, but it is the first step in trying to create a stable and predictable lifestyle for all of our men and women.

EAF is a journey, and we have many more steps to take along this path as we transform the Air Force from a forward-based, Cold War force to an expeditionary force able to respond to crises around the globe. EAF is not just one event. It is a completely different way of looking at how we do our business.

We are moving into the EAF for two reasons. First, to make sure that the nation has the trained aerospace forces it needs.

Second, to make sure that our people have relief from operations tempo, or OPTEMPO, in a turbulent world.

“ Making life better for everyone in the Air Force is my No. 1 priority for 2000, and I know that the frequency and unpredictability of deployments remains everyone’s No. 1 concern. ”

F. Whitten Peters

This is really what EAF is about. Making life better for everyone in the Air Force is my No. 1 priority for 2000, and I know that the frequency and unpredictability of deployments remains everyone’s No. 1 concern.

The EAF will lay the groundwork for resolving this concern by spreading the effects of an apparently never-ending high OPTEMPO across more of the force.

By using our Total Force and by re-engineering our active forces to add to those eligible to deploy, we can spread the high OPTEMPO burdens and ultimately reduce personnel tempo. The EAF will also lessen the high work levels at home stations by putting enough manning on our bases to do the work, even when units are deployed.

Improving our OPTEMPO and PERSTEMPO is something that we cannot compromise.

We will never fix our retention rates unless we can guarantee people that in peacetime they will have a personal life. With EAF as our vision, the AEFs are the tools that will transform it into a reality.

Our AEFs will be responsive, tailored and trained for the area into which we expect them to deploy.

Dedicated airlift, intelligence and space assets will enable the AEFs to provide the right force at the right time, whether the mission is humanitarian relief or combat operations. This will be increasingly important in the rapidly changing 21st Century.

EAF won’t be pretty at first, or provide instant relief, but it will ultimately succeed. For proof, look at

Kosovo. There, we demonstrated we could deploy to some 20 bases with seeming effortlessness, and on short notice, transform a base with no U.S. facilities into a fully operational base within hours to a few days.

More important, we demonstrated that we could also turn sorties quickly, within hours to a few days.

And, ultimately, when the fighting stopped, our national command authorities allowed us to come home quickly, showing the confidence we are already building in our ability to move out rapidly from home base to get the job done overseas.

While Kosovo operations showed EAF works, it also demanded a tremendous amount from our forces, and that effort did not come without a cost. We are reconstituting the force, and we have adapted the EAF schedule accordingly.

Even so, the initial AEFs include many men and women who have been involved in Kosovo and other operations this year.

It is not ideal to ask these men and women to leave again so quickly, but it is essential if we are to find a long-lasting solution for OPTEMPO and PERSTEMPO. EAF is a journey, not an end state.

Air Force leadership honors legacy of all who served

By Gen. Patrick K. Gamble
PACAF commander

HICKAM AIR FORCE BASE, Hawaii (PACAFNS) — America sets aside a special day to recognize the contributions of its military — active duty, reserve forces, and veteran — to the peace and prosperity of our nation. The nation began recognizing the sacrifices made by American service members following World War I, and formalized the day as a legal holiday in 1938.

While the country enjoys a fall holiday in honor of its vets, it is telling to see how many airmen, soldiers, sailors, Marines and coast guardsmen are on duty this day, continuing to guarantee all of us peace and tranquility. In air and space, at the guard post, in and on the depths of the ocean, or on alert in remote corners of the globe, we remain vigilant.

Every one of you in Pacific Air Forces has played a significant and important part in the legacy our military has so proudly given America — more than 220 years of security as a nation.

Thank you for what you do, for the sacrifices you and your families make while serving America in the Pacific, and for your important contribution to world peace.



By F. Whitten Peters,
Secretary of the Air Force, and
Gen. Michael E. Ryan,
Air Force chief of staff

WASHINGTON (AFPN) — Throughout America’s history, more than 37 million men and women have bravely fought our nation’s wars in faraway lands. This Veterans Day we pause to honor all Americans who have served in our armed forces. From Berlin to Baghdad and Korea to Kosovo our nation has depended on those who served — giving all for freedom’s cause.

Over the years, ordinary men and women have performed extraordinary feats to defend our values and way of life. As inscribed at Arlington National Cemetery, these feats weren’t done for fame or fortune, these people weren’t goaded by necessity. Rather, they acted on their sense of duty as they understood it — daring all, suffering all, sacrificing all. Veterans Day is our time to honor our veterans for their legacy to us — the freedom and security we so enjoy as citizens and airmen of this greatest country. Take time Nov. 11th to salute our veterans. Say thanks to them for their service to America and re-pledge our commitment to the ideal for which they fought.

THE KADENA SHOGUN

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嘉手納基地と沖縄市、沖縄国際カーニバルで友好交流

Editor's Note: This is the Japanese version of the Okinawa International Carnival article that ran in the Nov. 5 issue of *The Kadena Shogun*.

‘99沖縄国際カーニバルが、10月30日(土曜日)、31日(日曜日)に行われ、嘉手納基地の第2ゲート側付近は、何千人もの見物客で賑わった。この祭りは、友好と経済の活性化を促進するために、毎年開かれている。ちびっこ国際大綱引き、太鼓演奏、みこしなどのイベントに、当嘉手納基地から、約600人のボランティアが参加した。

カーニバルは土曜日の午後に始まったが、その前日の10月29日、コリンザの沖縄市民小劇場あしびなーで、プレイベントとして特別コンサートが開かれた。地元沖縄より、ピアニストの普久原スージーさんとフォークシンガーの仲地のぶひでさんが出演した。沖縄市の市民やアメリカ人ら国際色豊かな聴衆を前に、演奏を披露した。更に横田基地より太平洋空軍バンドのバシフィック・トレンズも参加し、最近アメリカでヒットした40曲を、劇場いっぱいに響かせた。またカーニバル開催中、バシフィック・トレンズは、屋外演奏も行った。日曜日には、

パークアベニューで演奏。ボーカルでバンドリーダーのサラ・デルジョ軍曹は、「このように大勢の人を前に演奏でき、とてもワクワクしています」と、休憩中に語ってくれた。「ここに集まった人達は、私達の英語があまり理解できないと思いますし、また私達も日本語を話すことができません。けれども演奏中は、観客も演奏している私達も音楽によって体をゆらし、一緒に手拍子を取りながら、ちゃんとコミュニケーションしているのです」と、付け加えた。

カーニバルのハイライトの一つは、琉球国祭り太鼓による大パレード。2,000人以上の太鼓演奏者が、嘉手納基地の第2ゲートより沖縄市の空港通りに向かって行進をスタートした。第18航空団司令官ジェームズ B. スミス准将、第18支援群司令官メリー B. アッカート大佐、稲嶺盛隆沖縄市助役、太田範雄沖縄市商工会議所会頭など基地、沖縄市の代表者が太鼓パレードの最前列を飾った。

ちびっこ国際大綱引きに使われた大綱は、嘉手納基地からのボランティアも手屯って制作された。土曜日午

11ページへ続く



A small taiko drummer bows at the beginning of her performance Oct. 30.

祭り太鼓パレードで、お辞儀でスタートするちびっこ演奏者



Photos by Master Sgt. Stefanie Doner

Volunteers, including many from Kadena, carry the Mikoshi, a portable shrine brought to the carnival from Machida City in Tokyo.

みこしを担ぐ東京都町田市民と嘉手納基地からの参加者



Members of the Federation of Okinawa City Senior People's Club dance during the Okinawa City International Carnival Oct. 31.

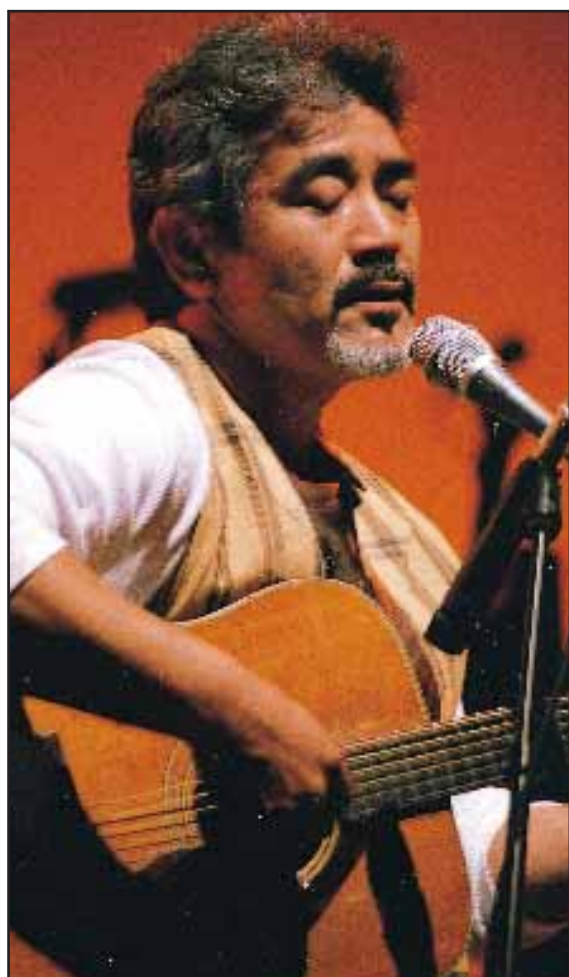
沖縄国際カーニバルで踊る沖縄市老人クラブ連合会のみなさん



Taiko drummers take part in the Ryukyu Kingdom Drummers' Parade Oct. 30.

Photos by Master Sgt. Stefanie Doner

琉球国祭り太鼓大パレードに参加したエイサー隊



Okinawan folk singer Nobuhide Nakachi performs during a special concert Oct. 29.

特別コンサートで演奏する地元フォークシンガーの仲地のぶひでさん



Tech. Sgt. Sarah DeLuzio, with the Air Force's Pacific Trends band, sings a hot pop tune.

ポップ系ヒット曲を歌う太平洋空軍バンドパシフィック・トレンドズのサラ・デルジオ二等軍曹



Brig. Gen. James B. Smith, left, 18th Wing commander, talks with Okinawa City Mayor Masakazu Nakasone.

祭り会場で談笑する第18航空団司令官ジェームズ B. スミス准将(左)と仲宗根正和沖縄市長(右)

10ページより

後、アメリカと沖縄の子供達が綱引きに歓声をあげ、結果は、各々一勝し引き分けに終わった。綱引き終了後、子供達は、幸運のお守りとして綱を切り取り持ち帰った。さて日曜日の午後、国道330号線の2ヶ所から空着通りに向けて、民俗芸能大パレードが出発した。参加団体は胡屋十字路で合流し、第2ゲート側に向かって空着通りを行進した。観覧席と沿道には、何千人もの見物客が集まり、太鼓や参加団体の趣向を凝らした演舞に声援を送った。嘉手納基地からも多くの頑健なボランティアが、東京都の町田市から来たみこし担ぎに汗を流した。

「今年のカーニバルは、去年よりも素晴らしい」、とスミス准将は、大勢の人が行き交う祭り会場で感想を述べた。「毎年祭りに参加でき、光栄であるとともに、実に楽しい。年々良い祭りになると思う。というのも、隣人同士が友好を築き、その絆が積み重ねられていくからだ。」

第18航空団広報局
ステファニー・ドナー二等軍曹著

High school running team teaches student athletes pride, determination

By Charles K. Steitz
Shogun volunteer

The popular stereotype of cross-country running is that it's a lonely sport that isolates people. However, Kadena High School cross country is a team sport very much like football or basketball.

"Much like the other athletic activities that high school students participate in, cross country requires a high degree of self-discipline, determination and hard work," said coach John Dawson, a veteran of 31 years with the Department of Defense Dependent Schools and a teacher at Kadena High School for 19 years.

"Self-improvement is their chief reward," Dawson said.

Last week during a meet at White Beach, runners apparently saw an improvement. Ryan Farrell, the team's co-captain, clipped 78 seconds off his time from three weeks earlier.

Brandon Vieitez saw a four-minute improvement and Megan Ferrell improved her time by five minutes.

"Anyone watching these young students compete realizes that there are no short cuts. Team-spirit is also a critical ingredient for their success as long-distance runners," explained Dawson.

Participants overcome weather conditions and practice every day, running anywhere from two to five miles.

"You need to like the outdoors, no matter what the temperature is, and be determined to finish,"

said Lera Germaine, a 10th grade student and team co-captain. "Success can be measured in a number of ways. Finishing first or placing in the top five represents just one avenue of success. However, improving your time and encouraging your teammates to finish helps develop lifetime skills like cooperation, coordination, and determination. By coming to practice and participating, you can be just as successful as the person who places first."

Concentration and a positive mental attitude are essential ingredients in meeting the challenges of this activity.

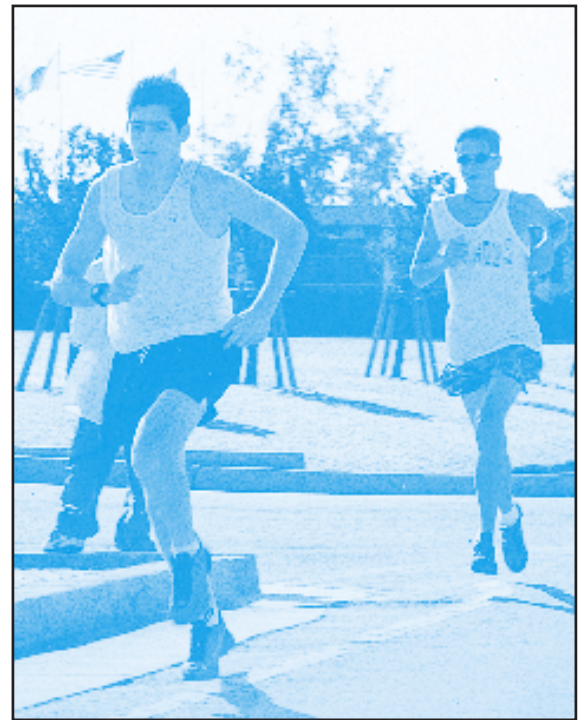
"Running is a thinking sport, whereby positive thoughts are essential in every step you make," explained Ryan Ferrell, a senior who plans to continue as a distance runner in college.

"During a cross-country meet, the efforts made to place, win, or even finish, translate into the classroom and beyond, as you must remain positive and practical."

"You need to know when to push your body and when to conserve energy. These skills can be used throughout a person's career."

Assistant coach Carl Wiegand, a volunteer and a veteran runner who's also a Kadena firefighter, said, "High school cross-country competition does not have the popularity of football or basketball, but the youth who train and participate in this athletic activity are challenged as much or even more."

"Their commitment and dedication is unique, as success does not necessary mean placing first or winning."



Courtesy photo

Ryan Ferrell (left), Kadena High School cross-country team captain, finds his own pace during a race on Kadena Oct. 27 that included runners from Okuma Christian School and Kubasaki High School runners.

Kadena High School celebrates homecoming

By Senior Airman Jennifer Dixon
Shogun associate editor

The Kadena Panthers pulverized the Kubasaki Dragons, 42-7, during Kadena High School's Homecoming game Saturday.

Adrian Aguilar, a Panther wide receiver, was the first to score a touchdown. He caught a 33-yard pass from Dustin Duke, a Panther quarterback, setting the tone for his teammates.

Kadena was up 26-0 at half-time. Coach Carl Johnson was a bit surprised at that point.

"To tell you the truth, we expected a much tougher game," Johnson said. "Most of our kids had been sick all week and we have a lot of respect for the other team. Our kids just went out there and did their best."

The biggest rusher for the game was Reggie Williams, a Panthers running back. He ran 11 times for 101 yards.

The team was really psyched up from the bonfire and pep rally the night before. The cheerleaders led Panther fans in cheers, boasting about the team's prowess on the playing field.

Football team members and fans ate hotdogs and discussed how they were going to beat their opponent during the game.



Photo by Staff Sgt. Orville Desjarlais

ABOVE: Adrian Aguilar, a Kadena High School junior and Panther wide receiver, catches a 33-yard pass from Dustin Duke, a KDHS senior and Panther quarterback, to score the first touchdown during Saturday's homecoming game.

LEFT: (From left) Valerie Ribancos, Camille Rodriguez and Susan Perpertua, KDHS sophomores and cheerleaders, lead fans in cheers during the bonfire and pep rally Nov. 5.

RIGHT: Fans show their support for the Panthers during Saturday's game.

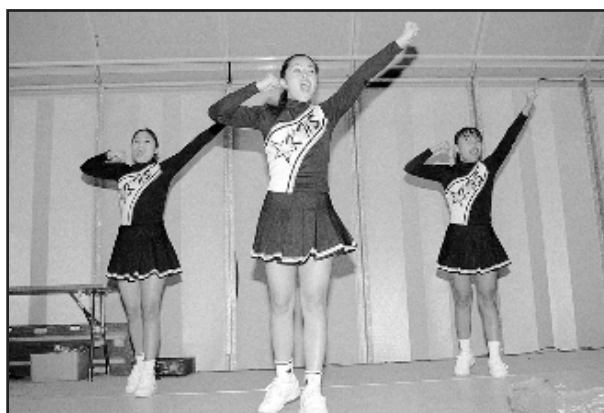


Photo by Staff Sgt. Cherie Kiger



Photo by Staff Sgt. Orville Desjarlais

Okinawa Happenings

Off-Base

Exhibitions

Through January: *Battle of Okiawa Pictures Exhibition* — Sakima Art Museum — 9:30 a.m. to 5 p.m. — closed Tuesdays — ¥700 per adult, ¥500 per junior and senior high school students, ¥300 per elementary school student, under 5 enter free — 893-5737 for more information

Through Nov. 14: *Chinese-ink Drawing Art Exhibition by Hiroshi Omine* — Mitsukoshi Department store fifth floor — 10:30 a.m. to 8:30 p.m. — free

Through Nov. 23: *Exhibition of Flowers* — Urasoe City Art Museum — 9:30 a.m. to 5 p.m. — ¥800 per adult, ¥600 per junior and senior high school students, ¥400 per elementary school student — last admission at 4:30 p.m. — closed Oct. 8, 15 — 860-2055 for more information

Nov. 14: *Islandwide Bullfighting* — Okinawa City Bullring — noon — ¥3,000
Nov. 15-22: *Japanese Tea Vessel Exhibition by Masakazu Soma* — Mitsukoshi Department store fifth floor — free

Festivals/Fairs

Through Nov. 15: *Jewelry Fair* — Mitsukoshi Department store sixth floor — 10:30 a.m. to 8:30 p.m.

Nov. 16-22: *Aomori Prefectural Fair* — Mitsukoshi Department store sixth floor — 10:30 a.m. to 8:30 p.m. — free

Nov. 18-21: *The 18th Urasoe City Culture Fest* — Urasoe Civic Hall — 10 a.m. to 6 p.m. — ¥500 per adult, free for students — 878-4553 for more information

Nov. 21: *International Friendship Festival* — Okinawa Convention Center — 10 a.m. to 5 p.m. — free — 836-9900 for more information

Dining/Shows

Through Nov. 30: *Samantha and Darling Stevens Family Cinema Dinner* — Harborview Hotel — 5-9:30 p.m. — ¥8,000 — reservations required — 853-2111 for more information

Through Dec. 25: *Italian Christmas dinner* — Renaissance Hotel Restaurant Four Season — 6-10:30 p.m. — ¥9,000

Through Dec. 25: *Hong Kong Christmas dinner* — Coco Garden Resort Hotel — 5:30-10 p.m. — ¥3,500

Through Mar. 31, 2000: *Hawaiian Night Asian buffet and dinner show* — Renaissance Hotel — shows every night at 5:30 and 8:30 p.m. except Tuesdays — ¥5,250 in advance, ¥6,006 at the door, half price for children under 12

Dance/Music

Nov. 12: *Maria Howell Music Concert* — Pallet Folk Theater — 7-9 p.m. — ¥3,000 — 898-1331 for more information

Nov. 13: *Ladies Chorus* — Pallet Folk Theater — 7-9 p.m. — ¥1,000 — 879-3395 or 874-3305 for more information

Nov. 14: *Chamber Music, Solo and Chorus* — Pallet Folk Theater — 7-9 p.m. — ¥1,500 per adult, ¥2,300 per family — 868-8779 or 885-3812 for more information

Nov. 16: *Phillippe Giusiano Piano Recital* — Okinawa Convention Center — 6:30-9 p.m. — advance tickets ¥5,000, ¥4,500, ¥4,000 or ¥3,000, prices increase ¥500 day of event — tickets available at Shima Piano Center and Teruya Music store — 860-1990 for more information

The following is a commonly used list of telephone numbers for this week's off duty activities:

Schilling Community Activities Center	634-1387
Kadena Family Support Center	634-3366
Kadena Information, Tickets and Tours	634-4322
Kadena Arts and Crafts Center	634-1666
Kadena Base Library	634-1502
Kadena American Red Cross	634-1979
Banyan Tree Club	634-0644
Rocker NCO Club	634-0740
Officer's Club	632-6071
Busena Terrace Resort Hotel	098-051-1333
Southeast Botanical Garden	939-2555
Renaissance Hotel	965-0707
Mitsukoshi Department Store	869-4115
Ryubo Department Store	867-1171
Bullfighting	857-0185
Prefectural Folk Theater	866-2341

liams and Olivia Arrington — open to Officers Club members 20 years and older

Nov. 17: *Kid's Night* — Ballroom — 5-7 p.m. — meet Jazzy the Clown, get a balloon animal, have your face painted and get prizes — free buffet with cake and ice cream

Nov. 22: *closed* — due to maintenance
Nov. 25: *Thanksgiving Day buffet* — Ballroom — 11 a.m. to 3 p.m. — members - \$10.95 adults, \$5.95 ages 5-12; non-members - \$13.95 adults, \$6.95 ages 5-12

Rocker NCO Club

Through Nov. 23: *Thanksgiving Meals To-Go* — orders accepted at the customer service area, must be paid in full at time of order — \$54.95 — includes 22-24 pound turkey, cornbread dressing, gravy, cranberry sauce, dinner rolls and pumpkin pie — \$59.95 — includes 15-17 pound smoked ham instead of turkey — limited number of orders accepted — pick up orders Nov. 23

Nov. 12, 26: *All Night Party* — Lounge — variety music — 5 p.m. to 3 a.m. — Ballroom — Rythm and Blues and Urban music mix — 10:30 p.m. to 5 a.m. — breakfast available in Dining Room at 3 a.m.

Nov. 17: *Membership appreciation night and Comedy Showcase* — dinner - 5-7 p.m., show - 8 p.m. — Olivia Arrington and Leroy Williams — limited seating — adults only

Nov. 25: *Thanksgiving Day buffet* — 9 a.m. to 2 p.m. — members - \$10.95 adults, \$4.95 under 12 years; non-members - \$13.95 adults, \$5.95 under 12 years; all children under 5 years eat free — evening special - \$9.95 adults, \$4.95 under 12 years

Banyan Tree Club

Through Nov. 23: *Pumpkin Pies* for the Holidays — \$5.50

Through Nov. 23: *Thanksgiving Dinner at Home* — orders accepted at the cashier's cage, paid in full at time of order — \$40 — includes 12-14 pound turkey, cornbread dressing, gravy, cranberry sauce, dinnr rolls and pumpkin pie — limited number of orders — pick up orders Nov. 25, 6-10 a.m.

Nov. 12, 26: *Countdown to 2000* — Lounge — 80's Trivia — all participants entered in drawing to be held at end of month

Nov. 13: *80's All Night Dance Party* — until 5 a.m.

Nov. 18: *Membership appreciation night and Comedy Showcase* — dinner - 5-7 p.m., show - 8 p.m. — Olivia Arrington and Leroy Williams — limited seating — adults only

Gatherings

Mondays: *George Frederick Handel's "Messiah" practice* — Ecumenical Choral — 7-9 p.m. — auditions required for soloists — concert set for early December — 645-8432 for more information

Fridays and Saturdays: *Country and Western night* — Schilling Community Activities Center — 8 p.m. to 1 a.m. — 634-6981 for more information

Nov. 17: *Thanksgiving Open House* — Kadena Base Library — 11 a.m. to 2 p.m. — fill out entry form before Nov. 17 for chance to win complete Thanksgiving dinner — stop by for refreshments and for dinner drawing Nov. 17

Sale

Kimono Sale

There is a second-hand Kimono sale through Nov. 15 at the Mitsukoshi Department store, sixth floor, 10:30 a.m. to 8:30 p.m.



Nov. 20: *Holiday Open House* — Banyan Tree Golf Pro Shop — 5-8 p.m. — kicking off the holiday shopping season with discounted items, gift wrapping, golf gift baskets, golf lessons, multi-round cards and gift certificates — 634-3900 for more information

Contest

Through Jan. 31: *Underwater Photo Contest* — Marine Corps Community Service Tsunami Gear — photographers may enter photos in categories of macro, wide angle, diver and marine life — first-, second- and third-place winners for each category and an overall winner will receive Tsunami Gear gift certificates and have photos published in the 2000 issue of *Okinawa Diver* — 645-3970 for complete contest rules and more information

Classes

Tuesdays

- *Framing and Matting* — Kadena Arts and Crafts Center — 9:15 a.m. to noon
- *Ikebana* — Japanese flower arranging — Kadena Arts and Crafts Center — 5-7 p.m.
- *Beginning Ceramics* — Kadena Arts and Crafts Center — 6-8:30 p.m.
- *Rubber Stamping* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Tole Painting* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Advanced Drawing* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Frame Update* — Kadena Arts and Crafts Center — 9:15 a.m. to noon

Wednesdays

- *Bonsai* — miniature trees — Kadena Arts and Crafts Center — 6-8 p.m. — must register before class
- *Ikebana* — Japanese flower arranging — Kadena Arts and Crafts Center — 4-6 p.m.
- *Beginning Pottery* — Kadena Arts and Crafts Center — 5-7 p.m.
- *Washi Paper and Kime Komi* — Obi, Japanese dolls, Ochi-e pictures, decorative boxes and eggs — Kadena Arts and Crafts Center — 6-8 p.m. — must register before class
- *Introductory China Painting* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Scrapbooking* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Flower Arranging* — Kadena Arts and Crafts Center — 6-8 p.m.
- *Beginning Tole Painting* — Kadena Arts and Crafts Center — 10 a.m. to 1

Chapel

Catholic

Saturday
Confessions — 4 p.m. — Chapel 1
Mass — 5 p.m. — Chapel 1

Sunday
Mass — 8:45 a.m. — Chapel 1
Mass — 12:15 p.m. — Chapel 2
Mass — 5 p.m. — Chapel 1

Protestant

Sunday
Inspirational Service — 9 a.m. — Chapel 2
Evangelical Service — 10:24 a.m. — Base Theater
General Protestant Service — 10:30 a.m. — Chapel 1
Liturgical Service — 10:30 a.m. — Chapel 2
Gospel Service — noon — Chapel 1

Eastern Othodox

Saturday
Vespers — 5 p.m. — Camp Foster St. Nicholas Chapel

Sunday
Divine Liturgy — 9:30 a.m. — Camp Foster St. Nicholas Chapel
For more information, call 645-7486.

Jewish

Friday
Shabbat Service — 7:15 p.m. — Camp Foster Chapel

Sunday
Religious Education — 9:30 a.m. — Camp Foster Credo Center
For more information, call Chaplain Mitchell Schranz at 637-1027.

Islamic

For information, call Gunnery Sgt. Hefis Camp at 637-2167/2164.

MOVIES

KEYSTONE,
634-1869

Tonight: *"Fight Club,"* R
Saturday: *"Runaway Bride,"* PG, and *"Fight Club,"* R
Sunday: *"Runaway Bride,"* PG, *"Bowfinger,"* PG-13
Monday: *"Bowfinger,"* PG-13
Tuesday: *"Teaching Mrs. Tingle,"* PG-13
Wednesday: *"Teaching Mrs. Tingle,"* PG-13
Thursday: *"Bringing Out the Dead,"* R
Nov. 19: *"Bringing Out the Dead,"* R

BUTLER,
645-3465

Tonight: *"Bringing Out the Dead,"* R
Saturday: *"A Dog of Flanders,"* PG, and *"Bringing Out the Dead,"* R
Sunday: *"A Dog of Flanders,"* PG, and *"Mickey Blue Eyes,"* PG-13
Monday: *"Mickey Blue Eyes,"* PG-13
Tuesday: *"A Dog of Flanders,"* PG
Wednesday: *"Eyes Wide Shut,"* R
Thursday: *"House on Haunted Hill,"* R
Nov. 19: *"House on Haunted Hill,"* R

Movie schedules are supplied by the Army and Air Force Exchange Service. Patrons should call the theater to verify movie titles, ratings, and running and start times.

On-Base

Officers Club

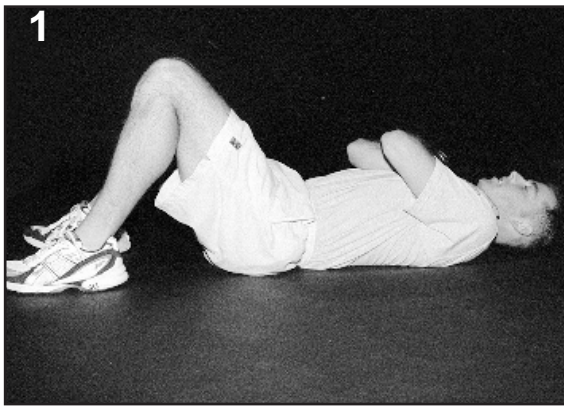
Nov. 16: *Comedy Showcase* — Weekender Lounge — 8-10 p.m. — Leroy Wil-

VIDEOS

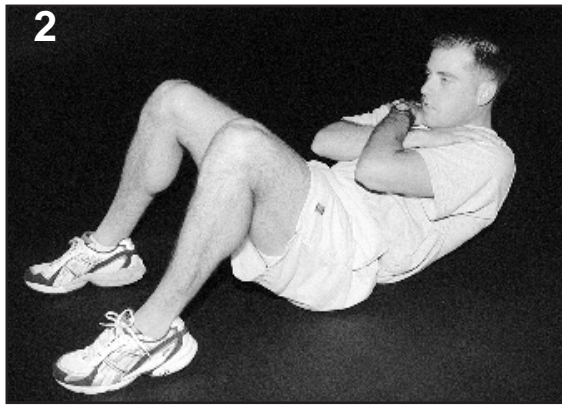
New video releases available each Tuesday at the base video stores. Because of shipping, release dates may vary.

Nov. 16

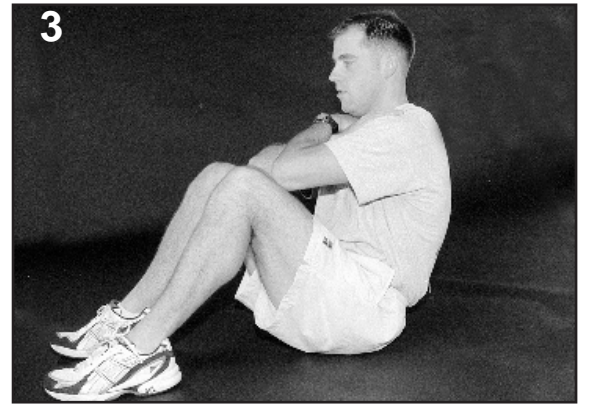
<i>"Austin Powers: the Spy Who Shagged Me"</i>	
<i>"Bridge of Dragons"</i>	<i>"Rogue Trader"</i>
<i>"Inherit the Wind"</i>	<i>"Tea with Mussolini"</i>
<i>"Instinct"</i>	<i>"The Castle"</i>
<i>"The Haunting of Hell House"</i>	



Jason Ham, Kadena Health and Wellness Center exercise physiologist, demonstrates the starting position for a correct sit-up.



Ham demonstrates the middle position for a correct sit-up.



Photos by Senior Airman Denise Berdar
Ham demonstrates the ending position for a correct sit-up.

Fitness 2000: 'Sit-up' and take notice

By Senior Airman Jennifer Dixon
Shogun associate editor

Editors note: This is the second of four articles about the new fitness test the Air Force will implement in January 2000.

Now is the time to begin preparing for the Fitness 2000 test set to begin this January, according to Jason Ham, Kadena Health and Wellness Center exercise physiologist.

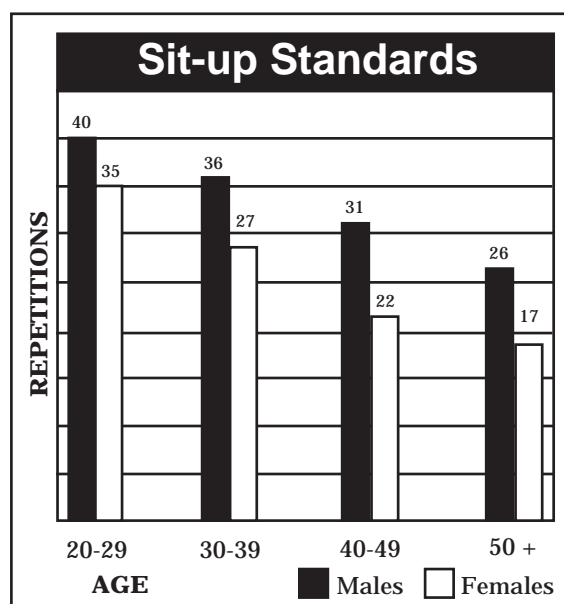
"Everyone should start training now, and keep it up throughout the year," Ham said. "It needs to be an activity that is done at least two or three times a week on a regular basis. It takes time to build up muscles and increase the amount of sit-ups or push-ups you can do. You have to spread that time out. If you hit the gym two weeks prior to your test, there is a good chance you won't pass your sit-up or push-up portion of the test."

"If you haven't worked out in a year, don't go into the gym and work out seven days a week," Ham continued. "More than likely, you're going to experience some soreness to the point that either you won't go back to the gym or it's going to take you a long time to get back in there."

Ham said that if you begin training but stop, within 12 days, you begin to become out of shape again. After 81 days, you are in the same shape as someone who hasn't exercised at all.

"It takes a lot of work and time at the gym to get into shape, but to get out of shape happens really fast. That's as easy as someone going on temporary duty to Elmendorf (Air Force Base, Alaska). They're already out of shape if they didn't work out, and it will show on the tests."

Ham said the best way to prepare for the sit-up portion of the new test is to do sit-ups — lots of them. "The sit-up portion is not a strength test, it's



Graphic by Senior Airman Jennifer Dixon

an endurance test," he explained.

Ham says exercises should be kept at a low resistance, but with high repetitions. There are some abdominal machines at the gym, people should make sure large amount of sit-ups are done, simulating the test.

"Any type of abdominal work is going to help you out, but you don't want to go for the strength training program where you're only doing three, four or even 10 repetitions; you want to go for endurance, because you're going to be tested for how many you can do in a minute, and you want that number to be high," Ham says.

The proper sit-up is a bent-knee, full sit-up, where the hands cross the chest, fingertips resting at the collar bone, Ham explained. Shirt grabbing

and shoulder pulling are not allowed. A full sit-up is complete when the elbows touch the knees. If a person's buttocks comes off the floor, it's an incomplete sit-up.

"Sometimes you'll see people who will raise their hips up to kind of do a snapping motion to get themselves up. That's why most people are worried about doing a full sit-up. It's because it has been shown to cause some lower-back injury when an improper sit-up is done, but a proper one is OK."

Ham said people won't get credit for an incorrect sit-up. The Air Force is obtaining its standards from the American College of Sports Medicine, Ham said. The college is considered the "gold" standard in the exercise field. "Every organization is pretty much in line with them, including the Army, Navy and Marines," Ham said.

Ham wants everyone to remember that when it's to do their tests, they should wear athletic attire — tee-shirts, shorts, tennis shoes. It shouldn't restrict movement or range of motion, or cause overheating.

"People are going to be required to tuck their tee-shirts in so we can see if their backs are actually going to the floor during the sit-ups and if they are actually getting all the way to the floor during the push-up," Ham said.

How the data will be compiled is one of the things that will be decided during the test year, according to Ham.

"The big question is will this be a comprehensive test?" said Ham. "Meaning, do all the scores go into one composite score that represents your overall fitness level?"

Then you have to look at, if people fail the sit-up portion, do we have to teach remedial sit-ups to show people how to pass that portion of the test?"

What is known is that now is the time to start preparing.

BRIEFS

Banyan Tree winners

Mike Jackson and Angie Stout were named the Banyan Tree Club men and ladies club champions during golf action held there the weekend of Oct. 23.

Runners up were Mike Saraceno and Pam Upayokin. The rest of the winners were as follows:

- First flight: **David Hamada**, first; **Robert Bliss**, second; **John Sledz**, third.

- Second flight: **Dave Hunt**, first; **Bob Driggs**, second; **Craig Penman**, third.

- Third flight: **Angie Stout**, first;

Morris Most, second; **Mark Reed**, third.

- Fourth flight: **Craig Cooper**, first; **Sharon Hunt**, second; **Jesse Lewis**, third.

- Fifth flight: **Paula Coupe**, first; **Richard Coupe**, second; **Bob George**, third.

- Sixth flight: **Andrew Smith**, net winner; **Nella Lewis**, runner-up; **Sandra Hensley**, gross winner.

- **David Hunt** nailed a hole in one on the fourth hole.

Skoshi Bowl youth lock-in Nov. 20

A Skoshi Bowl lock-in is set for

children ages 6-12 years old. The cost is \$20 per ticket, which are on sale.

The cost includes Glow in the Dark bowling, food, drinks, movies, video games and a disc jockey or clown. The lock-in will be from 8 p.m., Nov. 20, to 8 a.m., Nov. 21. Tickets must be purchased in advance.

For more information, call 634-2290.

High school sets pool hours

The Kadena High School pool will open Monday through Dec. 31 for winter-time hours. The schedule is as follows:

Monday through Friday

5:30-6:45 a.m., laps and fitness
4-5 p.m., open swim
5-6 p.m., laps/water fitness
7-8 p.m., open swim

Monday, Wednesday and Friday

6-7 p.m., laps/water fitness

Tuesday and Thursday

6-7 p.m., laps/open swim

Saturday

9-11 a.m., laps

11 a.m. to noon, water fitness/laps

Noon to 5 p.m., open swim

Sunday

Closed

For more information, call 634-0645.